

Every year, Americans mark this day by answering Dr. King's call to service. In his memory, let us recall his teaching that "we are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly." In keeping with Dr. King's example, let us embrace the belief that our destiny is shared, accept our obligations to each other and to future generations, and strengthen the bonds that hold together the most diverse Nation on earth.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim January 21, 2013, as the Martin Luther King, Jr., Federal Holiday. I encourage all Americans to observe this day with appropriate civic, community, and service projects in honor of Dr. King and to visit www.MLKDay.gov to find Martin Luther King, Jr., Day of Service projects across our country.

IN WITNESS WHEREOF, I have hereunto set my hand this eighteenth day of January, in the year of our Lord two thousand thirteen, and of the Independence of the United States of America the two hundred and thirty-seventh.

BARACK OBAMA

Proclamation 8928 of January 21, 2013

National Day of Hope and Resolve, 2013

*By the President of the United States of America
A Proclamation*

Four years ago, the American people came together to chart a new course through an uncertain hour. We chose hope over fear and hard work during hardship, confident that the age-old values that had guided our Nation through even its darkest days would be sufficient to meet the trials of our time.

Together, we have brought a decade of war toward a responsible end. We have saved our economy from collapse and fought for a future where everyone has an equal chance at opportunity. Millions of men, women, and children have made service their mission, reaffirming that America's greatest strength lies not in might or wealth, but in the bonds we share with one another.

Today, I have sworn an oath to preserve the fundamental freedoms and protections that are the lasting birthright of all who call this land home. I stand humbled by the responsibilities entrusted to me by our people, and I pray God's grace will see us through the tests we will surely face in the days ahead. But even as I assume once more the solemn duty of this Presidency, let us also remember that the oath I spoke shares much in common with those taken by every service member and every immigrant, and with the pledge we make before our flag. These are the words of America's citizens, and they represent our greatest hope.

On the opposite end of the National Mall from where I delivered my address, a preacher once told us "we cannot walk alone." Empowered by our

faith in each other and united by the purpose that binds our fates as one, let us learn again that most enduring lesson. Let us renew our resolve to meet the challenges of our age together. And when our grandchildren reflect on the history we leave, let them say we did what was required of us, that our words were true to our Founders' dreams for a young Republic and our actions foretold the dawn of a new and brighter day.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by the authority vested in me by the Constitution and laws of the United States, do hereby proclaim January 21, 2013, a National Day of Hope and Resolve. I call upon all Americans to join together in courage, in compassion, and in purpose to more fully realize the eternal promises of our founding and the more perfect Union that must remain ever within our reach.

IN WITNESS WHEREOF, I have hereunto set my hand this twenty-first day of January, in the year of our Lord two thousand thirteen, and of the Independence of the United States of America the two hundred and thirty-seventh.

BARACK OBAMA

Proclamation 8929 of January 31, 2013

American Heart Month, 2013

By the President of the United States of America

A Proclamation

Heart disease is the leading cause of death among American men and women, claiming well over half a million lives annually. While no one is immune to heart disease, everyone can take steps to reduce their risk. During American Heart Month, we make a commitment—for ourselves and our families—to staying healthy and keeping our hearts strong.

Although genetic factors likely play a role in cardiovascular disease, there are also several controllable risk factors, including: blood cholesterol levels, high blood pressure, diabetes, poor diet, obesity, tobacco use, and physical inactivity. Any one of them can lead to heart disease, and additional factors magnify the risk. That is why a heart-healthy lifestyle is so important. Certain improvements to daily routines—like eating healthy, not smoking, limiting alcohol use, and getting routine health screenings—can lower several of these risk factors and set the stage for a long and healthy life.

My Administration is committed to helping Americans achieve and maintain heart health. Under the Affordable Care Act, many insurance plans must cover certain preventive services like blood pressure screening and obesity screening at no out-of-pocket cost to the patient. In 2014, a new Health Insurance Marketplace will make affordable health insurance available to millions of men, women, and children—including those with pre-existing conditions. We are also working to prevent heart disease through efforts like First Lady Michelle Obama's *Let's Move!* initiative, which encourages young people and families to eat healthy and get active. And throughout the Federal Government, we are partnering with communities,